



**54**  **GOLF**

# Possibiliting 1.0

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## Possibiliting 1.0

*“Bring possibility to life”* is the VISION54 tagline.

We believe all golfers have untapped possibilities and it’s our intention to help you access more of them. We like to use the word “possibiliting” – since nothing will happen unless you take action toward your possibilities.

These pages are an introduction to get more clarity about what you want with your golf, and your purpose for playing the game.

Answering the questions on the following pages will give you a starting foundation to what is most important for you and your game. There are many good options of actions going forward, and you want the options that make the most sense to you!

*“You can  
do anything,  
but not  
everything.”*

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## Possibiliting To Do

- ▶ Answer the Possibiliting 1.0 questions.
- ▶ Reread your answers once a day for a few days and make sure it feels “right” to you.
- ▶ Write a short version of your “Golf Vision” – your image of a compelling future.
- ▶ Write down a few outcome goals and process goals, that are congruent with your vision. Remember, the process goals are things that are 100% under your control.
- ▶ Evaluate daily or weekly:
  1. if you have committed to the action goals;
  2. over time notice if it's moving you towards your outcome goals and vision;
  3. decide if you want to keep the same action goals or if you want to edit them... and keep going...

From our experience, clarity about your vision and process / action goals are important for everybody. Outcome goals are only important if it motivates you.

For more in-depth discoveries, download **Possibiliting 2.0** from our WebShop at **VISION54.com**

This is a summary of our experiences supporting players for 30 years with their goal-setting. We are standing on the shoulders of many mentors and influencers through the years. Some of our “possibiliting” influencers are: Stephen Covey, Tony Robbins, Michael Murphy, Ken Wilber, Carol Dweck, and Joe Dispenza.

## Possibiliting 1.0

These questions will give you a starting template to get some clarity about your passion, motivation, willpower, drive, joy – in golf and in life.

- ▶ When I started playing golf, what did I like about it?
- ▶ What makes golf fun today?
- ▶ What gives me the most energy in golf?
- ▶ What takes energy away in golf?
- ▶ What makes me confident in golf?
- ▶ Who do I want to be as a golfer?
- ▶ What makes me unique as a golfer?
- ▶ If anything could be different about how I experience golf, what would it be?
- ▶ If I had achieved all my outcome goals in golf, would I still play? If so, why?
- ▶ If golf was not in my life, who am I?

Look, read, listen and reflect on what you have written as answers to these questions. What is the common theme of your answers?

- ▶ How can this help me in making decisions?
- ▶ How can it help me with what to prioritize?
- ▶ How can it help me set goals?



## Goals to Action

Outcome Goal → Process Goal → Action → Creating Habits

▶ Outcome goals – **DO** (win, stats, scoring average...):

- 1)
- 2)
- 3)

▶ Outcome goals – **BE** (confident, stronger):

- 1)
- 2)
- 3)

▶ What am I going to do that is under my control, to make it happen (process)?

▶ **DO** goals:

- 1)
- 2)
- 3)

▶ **BE** goals:

- 1)
- 2)
- 3)

▶ What actions will I take:

- ▶ This year?
- ▶ This month?
- ▶ This week?
- ▶ Today?

## What is VISION54?



VISION54 is many things ... it's a number, a philosophy, an attitude, a process and a discipline.

**54** is a number and we do believe shooting 54 or lower is possible. We don't know who is going to do it or when it will happen, but the point is, we congruently believe someone will shoot this score.

**54** is a philosophy where we look at possibilities instead of limitations and support golfers to become their own best coaches.

**54** is an attitude about creating a positivity bias. The brain's default is to store negative events stronger and faster than positive ones. It's also about embracing the outlook that your past is

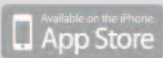
not your future and to always focus on things under your control.

**54** is a process where it all boils down to each one of us **DOING** something to learn new skills or change habits. This growth mindset and process keeps on going for as long as you want it to go.

**54** is a discipline. You always have the choice to manage your physical, mental and emotional state in the world that keeps on being dynamic and forever changing. The golf brain seems to have two default tendencies: over-emphasis on outcome and over-emphasis on technique. It's a discipline to manage these tendencies.



## Additional Practice Resources



Tour-proven strategies created by two of the world's best and most highly regarded golf coaches – Lynn Marriott and Pia Nilsson

Both apps have been created to benefit all levels of play: professional tour players, aspiring amateurs, junior golfers, and weekend warriors.

### **Practice App for iPhone** *(blue app)*

In this VISION54 app, you will find the skills and exercises you can use to complement your technical practice in order to help you become a better player of the game. The app was designed to be an effective practice partner for the range, short game area, putting green and on the course. There are on course practice sessions; skill building tools; exercises to simulate play and improve focus; games to increase creativity and add variety to your practice; and a notebook to track your personal golf journey.

### **Essential Playing Skills App for iPhone** *(green app)*

In this app, there are exercises for each of the eight Essential Playing Skills and Master of Variability™. You will practice them while you PLAY on the course. The best place to learn the Essential Playing Skills is always in the context of the game.

## 54X MYGAME

### MYGAME – Essential Playing Skills Virtual Golf School

Select the Complete Course  
or choose a Series!

Register at:  
<https://VISION54.myabsorb.com>

▶ Additional resources, tools, and our in-person program schedule can be found at [VISION54.com](http://VISION54.com)



We're bringing our highly acclaimed golf programs direct to your screen!

**MYGAME – Essential Playing Skills** is a self-paced, interactive virtual golf school, for golfers and coaches of all levels, which teaches the human performance skills necessary to complement technique through guided instruction, video demonstrations, and actionable practice. Focusing on technique alone is insufficient. By adding these nine human skills, you will learn to own your game, be your own best coach, and realize your true golfing potential. **MYGAME** is available online, worldwide on any web-enabled device ... on demand, on your schedule, at your pace.

Become a **HAPPY + BETTER Golfer!**



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